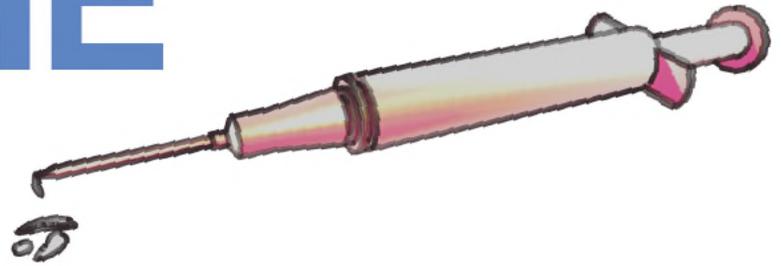


# GET THE FACTS



## Common flu vaccine myths

### MYTH The flu isn't so bad.

**FACT:** The flu can lead to serious illness, even in otherwise healthy people. At the very least, it can keep you out of work for several days.

### MYTH The flu vaccine will make you sick.

**FACT:** The flu vaccine cannot give you the flu. You may feel mild side effects, such as a sore arm, low fever or achiness.

### MYTH It's too late in the season to get protection from the flu.

**FACT:** As long as flu season isn't over, it's not too late to get vaccinated.

Flu season can last from fall until late spring.

### MYTH The discomfort of getting a shot isn't worth it.

**FACT:** The minor pain of a flu shot is nothing compared to suffering from the flu. Plus, you may be eligible to receive a nasal-spray vaccine in lieu of a shot. Ask your doctor if that is the right option for you.

### MYTH If you got the vaccine last year, you don't need another one.

**FACT:** Research shows that your body's immunity from the flu vaccine declines throughout the year, so you likely don't have enough immunity left to protect against the flu.

### MYTH The vaccine isn't safe.

**FACT:** Flu vaccines have been given for more than 50 years and have a very good safety track record. Their safety is closely monitored each year by the Centers for Disease Control and Prevention and the Food and Drug Administration.

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